

Don't work in, work out!

Leave boredom – and the gym – behind and take your exercise regimen outside like these famously fit celebrities

Tom Cruise and Katie Holmes run together, Gwen Stefani and Gavin Rossdale hit the slopes with their sons and Prince William's sweetheart, Kate Middleton, prefers the hills to the lodge during ski season.

Whether it's part of a fitness regimen put together by a personal trainer, or simply a favourite leisure pastime, A-listers and royalty seem to agree that getting out of the gym and into the great outdoors is an ideal way to avoid the monotony and stale environment of a gym routine. What's more, hitting the city streets, parks and wilderness rather than an indoor fitness facility is guaranteed to raise your spirits as well as your fit factor.

Most of us are well-aware that regular exercise strengthens muscles and bones, improves posture and balance and enhances our general sense of well-being. It can also lower blood pres-

sure, reduce our risk of heart disease, type 2 diabetes and even certain forms of cancer. Yet according to the Public Health Agency of Canada, two-thirds of Canadians are still not active enough to achieve the health benefits they need from physical activity.

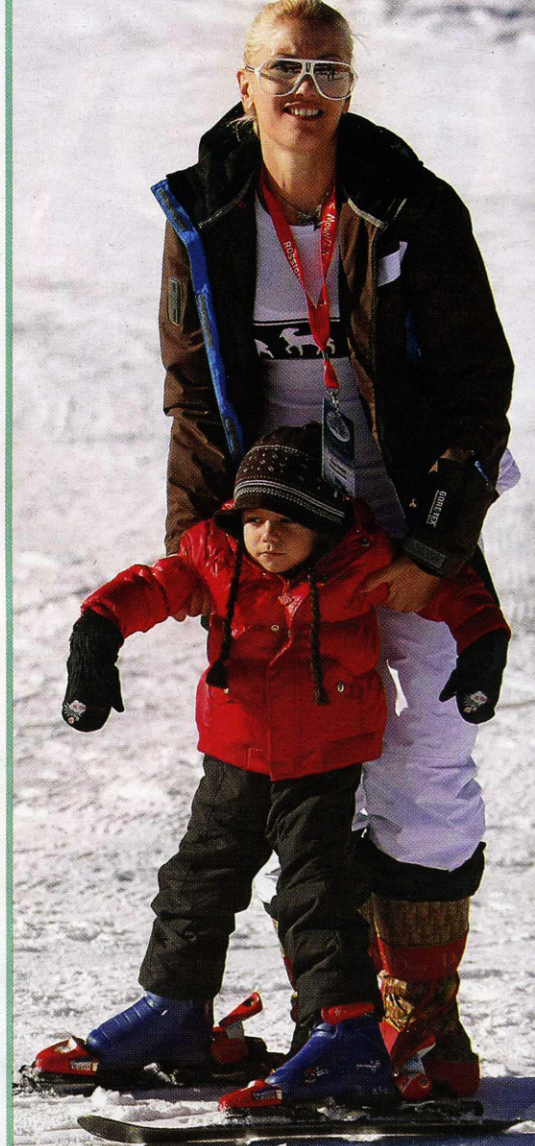
The good news, as we enter the new year, is that finding new ways to get fit without having to sign up for a gym membership might just mean thinking outside the box. Or rather, outside the gym. "That whole mouse-on-a-wheel thing, day in and day out, gets monotonous," Gwen's husband, Gavin, has said about his preference for an outdoor tennis match over a run on the treadmill.

The key to enjoying an outdoor workout? Don't go it alone. Follow the example of inseparable Hollywood couple Tom Cruise and Katie Holmes and grab a running buddy to keep you motivated. Even a canine companion can help. *Heroes* star Ali Larter counts on her dog, Eleanor, for outdoor motivation; the two take regular walks in the Hollywood Hills.

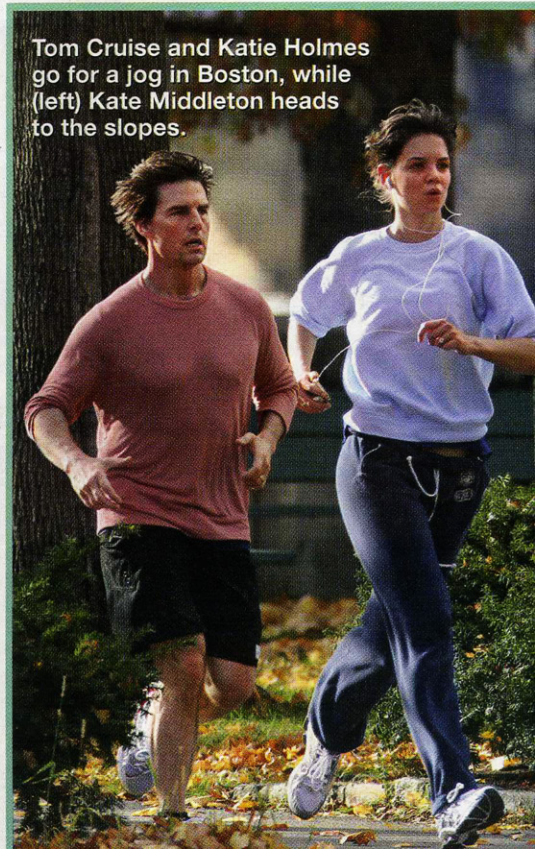
Bad weather needn't deter you. Walking and running in the snow is great cardio and will really shape up calves and glutes (though be sure to take it slowly and wear non-slip treads over your shoes as icy patches can be treacherous).

For some more inspiring workout tips, we enlisted celebrity trainer Danny Musico, who counts Jessica Simpson and Leonardo DiCaprio among his clients, to share his recommendations on getting the most from a fresh air-fuelled workout.

- Join a ski club. "It's a great leg workout and the cold weather forces you to burn extra calories because your heart has to work double time to keep your body warm," Danny notes.
- Switch up your running routine. Run a long distance to practise endurance or do interval training: run hard for 20 seconds then ease up for 20 seconds. Then run 30 seconds and rest for 30 seconds. Or run a flight of stairs as fast as you can, rest and repeat.
- Get lunging. Find a straight path and walk it in lunges to target your glutes. "Take as long a stride as you can and dip your knee to one inch off the ground without touching."
- If the weather outside is frightful, visit your local swimming pool. "You hit every single body part when you swim and burn more calories than you realize because you're in the pool." **H**



Gwen Stefani teaches her son Kingston, 3, to ski at Empire Canyon Lodge in Deer Valley, Utah.



Tom Cruise and Katie Holmes go for a jog in Boston, while (left) Kate Middleton heads to the slopes.

